

Cold & Flu Season

Learn How to Protect Yourself



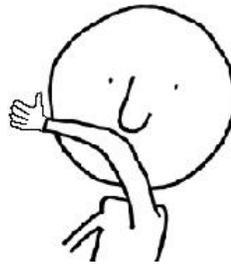
**Do you spend time in crowded places or have a chronic health condition?
You may be at greater risk for colds or the flu. Get the facts...**

Colds (5-10 days)

- Sniffles, sneezing, sore throat, stuffed up nose, cough
- Symptoms appear gradually
- Symptoms are annoying but tolerable
- A person can usually go about daily business
(*but they should rest if possible*)

Influenza (the Flu)

- Fever, headache, body aches, sore throat, dry cough, extreme tiredness
- The flu comes on suddenly and symptoms are more severe than a cold
- The person wants to lie down & rest



Those at high risk of flu and colds include people:

Over 65yr, with chronic health conditions, with reduced immune systems (diabetes, AIDS, TB...), in crowded living situations, pregnant in 2nd/3rd trimester, *and people who work or spend time with those at high risk.*

Reduce Your Risk of Cold & Flu

- **Wash your hands often** or use alcohol based hand sanitizer gel
- **Cover your cough** Use your inner elbow or use a tissue (& throw it away)
- **Avoid touching your face, nose, eyes, and mouth**
- **Get a flu shot**



Do whatever you can to **keep your immune system strong:**

- Moderate physical activity
- Eat nutritious foods
- Try to reduce your stress
- Avoid drugs & alcohol
- Quit smoking or smoke less
- Stay hydrated (drink enough water/juice/herbal tea, NOT soda/coffee)
- Go outside for fresh air often (at least every hour or two)
- Avoid close contact with people while you or they are sick

This helps protect you from many other types of infections too!